



GROUP FITNESS PROGRAMME - JANUARY TO MAY 2019

www.castleroyale.com
Tel: 01628 820 700

























Times	Studio	6.45 - 8.00	9.30 - 10.25	10.30 - 11.25	11.30 - 12.25	12.30 - 13.25	13.30 - 17.00	17.00 - 18.25	18.30 - 19.25	19.30 - 20.25	20.00 - 21.00	
MON	1	Body Pump 6.45 - 7.45	Body Step	Body Pump	Prime Movers	Adult Ballet	Veraflow 13.30 - 14.30	GRIT 18.00 - 18.30	Body Pump	Core De Force		
	2	Pilates 7.00 - 7.55	Pilates Stretch 8.00 - 9.00	Hatha Yoga 9.15 - 10.15	Body Balance	Yoga 11.45 - 12.45	Pure Stetch 13.00 - 14.00	Senior Balance 15.00 - 15.55	Pilates 17.30 - 18.25	Pilates 19.00 - 19.55	Yoga & Meditation 20.00 - 21.15	
	3		RPM 9.15 - 10.00	Group Cycle 11.00 - 11.45						Group Cycle 18.15 - 19.00	Group Cycle 19.05 - 19.50	Group Cycle 20.00 - 20.45
	Gym & Pool		HIIT 9.30 - 10.00	Box Fit 10.30-11.15	Aqua 11.15 - 12.00	HIIT 12.00 - 12.30	Nordic Walking 12.30 - 13.30			Circuits 18.30-19.00		
TUES	1		Body Attack	Body Pump	Legs, Bums & Tums	Body Balance	Prime Movers 13.30 - 14.30	GRIT 18.00 - 18.30	Body Step	Express Pump 19.30 - 20.15		
	2	Ashtanga Yoga 7.45 - 8.45	Pilates 9.00 - 9.55	Pilates Stretch 10.00-10.45	Pilates 10.45- 11.40	Yoga & Meditation 11.45 - 13.00	Pure Stretch 13.30 - 14.30	Meditation 14.30 - 15.15	Pilates 18.15 - 19.10	Vinyassa Yoga 19.15 - 20.30		
	3	Group Cycle 7.00 - 7.45	Group Cycle 9.30 - 10.25	Group Cycle 10.45 - 11.30					Group Cycle 18.30 - 19.15	Group Cycle 19.25 - 20.10		
	Gym & Pool	Bootcamp 7.00 - 7.30	Functional Fitness 9.30 - 10.00	Nordic Walking	Aqua 9.40 - 10.25	Core Conditioning 11.00 - 11.30				Functional Fitness 18.30 - 19.00		Box Fit 20.00 - 20.45
WEDS	1	Body Pump 7.00 - 8.00	Body Combat	Body Pump	Body Step	Zumba			Zumba 18.15 - 19.00	Body Attack 19.00 - 20.00	Body Pump	
	2	Yoga 7.00 - 7.55	Pure Stretch 8.00 - 8.55	Yoga 9.15 - 10.15	Pilates	Pilates	Senior Balance 12.30 - 13.25	Pilates 13.30 - 14.30	Yoga & Meditation 17.00 - 18.00	Yoga 18.00 - 18.55	Pilates 19.00 - 19.55	Yoga
	3		Group Cycle 9.15 - 10.00	Group Cycle 11.00 - 11.45						Group Cycle 18.15 - 19.00	Group Cycle 19.15 - 20.00	
	Gym & Pool		Legs, Bums & Tums 9.15 - 9.45	Aqua 10.00-10.45	HIIT 10.30-11.00		Core Conditioning 12.30 - 13.00			HIIT 18.30 - 19.00	Nordic Walking 18.30 - 19.30	
THUR	1		Body Pump	Dance Aerobics	Total Body Workout			Legs, Bums & Tums 18.15 - 19.15		Express Step 19.15 - 20.00	DD MIX	
	2	Yoga & Meditation 8.00 - 9.15	Pure Stretch 9.30 - 10.25	Body Balance	Pilates	Yoga & Meditation 13.00 - 14.25			Pilates 18.15 - 19.15	Yoga 19.15 - 20.15	Body Balance 20.15 - 21.15	
	3	Group Cycle 7.00-7.45	Group Cycle 8.00-8.45	Group Cycle	Nordic Walking 10.00 - 11.00				Family Group Cycle 17.00 - 17.45	RPM 18.30 - 19.15		
	Gym & Pool	Bootcamp 6.45 - 7.30	Circuits 9.30-10.00				Bootcamp 12.30 - 13.15	Aqua 12.35 - 13.20		Circuits 18.30 - 19.00 Aqua 18.45 - 19.30		
FRI	1		Express Pump 9.25 - 10.10	Express Combat 10.15 - 11.00	Body Pump 11.00 - 11.55	Aerobics 12.00 - 12.55		Body Pump 18.00 - 19.00				
	2	Pilates 7.00 - 7.55	Pilates Stretch 8.00 - 8.55	Pilates 9.00-10.00	Vinyassa Flow Yoga 10.00 - 11.15	Pilates	Body Balance 13.00 - 13.55	Pilates 14.00 - 15.00		Pilates 18.30 - 19.30		
	3	Group Cycle 7.00 - 7.45	RPM 9.15 - 10.00			Nordic Walking 11.30 - 12.30			Group Cycle 18.00 - 18.45			
	Gym & Pool	Bootcamp 6.45 - 7.30	Circuits 9.30 - 10.00	Aqua 10.15 - 11.00	Run Club 10.30 - 11.30	Tabata 12.00 - 12.30			Tabata 18.00 - 18.30			
SAT	1	GRIT 8.00 - 8.30	Body Combat 8.30 - 9.25	Body Step	Ultimate Workout	Fit Steps	Family Bootcamp 12.30 - 13.00					
	2			Body Balance 9.00 - 9.55	Yoga 10.00 - 10.55	Pilates						
	3	Group Cycle 7.45 - 8.45	Group Cycle 9.00 - 9.55									
	Gym & Pool	Tabata 9.00 - 9.30						Core Conditioning 16.00 - 16.30				
SUN	1	Body Step 8.30 - 9.25	Body Combat	Body Pump								
	2		Body Balance	Pilates	Yoga & Meditation 11.30 - 12.45			Ashtanga Yoga 17.00 - 18.30	Pre/Post Natal Yoga 18.30 - 19.30			
	3	Group Cycle 8.15 - 9.00	RPM 9.30 - 10.15									
	Gym & Pool			Circuits 10.30 - 11.00				Circuits 17.00 - 17.30				

*Members new to spin & body pump must book a 15 minute technique session with the gym. This can be arranged at a suitable time for you.

Bookings for classes can be made 7 days in advance. Please make every effort to cancel your classes online or via Club reception. Members are required to cancel no later than 2 hours before their class.

Book online at www.castleroyale.com

Outdoor classes: Please wear appropriate attire to suit weather conditions.

Castle Royle Class Descriptions		DURATION	EXERCISE TYPE	BURN RATE	EQUIPMENT	MUSIC	RESULTS
	LEASABLES GRIT SERIES	30mins	high intensity interval training	up to 400 kcals	weights & step	new music	improves strength, increases lean muscle, burns calories after your workout
	BODY ATTACK	55mins	sports-inspired cardio	up to 735 kcals	none	the latest fun & hard hitting tunes	improves agility, coordination, strength, endurance & cardio fitness
	BODY STEP	55mins	step based cardio	up to 620 kcals	height adjustable step	the latest fun & funky tunes	improves agility, coordination, strength, endurance & cardio fitness
	BODY COMBAT	55mins	martial arts inspired cardio	up to 735 kcals	none	the latest fun & funky tunes	improves strength & endurance, balance & cardio fitness
	ULTIMATE WORKOUT	55mins	cardio & conditioning	up to 500 kcals	weights	upbeat and motivating tunes	improves cardio fitness, muscle strength and coordination
	CORE DE FORCE	55mins	martial arts inspired training	up to 735 kcals	mat	upbeat and motivating tunes	improves cardio fitness, strength and agility
	AEROBICS	55mins	cardio & conditioning	up to 450 kcals	none	the latest inspirational and motivational tunes	improves cardio fitness, muscle strength and coordination
	PURE STRETCH	55mins	flexibility & mobility	up to 200 kcals	mat	relaxing & calming music	improves flexibility & mobility, focuses on relaxation through stretch
	YOGA	60/90mins	variety of yoga styles	up to 300 kcals	yoga mat	relaxing & calming music	increases core strength, mobility & flexibility
	PILATES	55mins	holistic	up to 350 kcals	mat	relaxing & calming music	increases core strength, mobility & flexibility
	BODY BALANCE	55mins	inspired by yoga, tai chi & pilates	up to 390 kcals	yoga mat optional	soulful, calming & inspiring	improves flexibility, mobility, muscle tone & enhances well being
	PRE/POST NATAL YOGA	60mins	variety of yoga styles	up to 300 kcals	yoga mat	relaxing & calming music	increases core strength, mobility & flexibility
	BODY PUMP	55mins	resistant training	up to 560 kcals	barbell, plate, & height adjustable step	latest hard hitting & inspiring tunes	improves strength & endurance, helps shape & tone, helps maintain bone health
	KETTLEBELL & VIPR	30mins	cardio & conditioning	up to 500 kcals	kettlebell, ViPR & mat	upbeat and motivating tunes	improves upper & lower muscle strength and heart & lung fitness
	HIIT	30mins	high intensity interval training	up to 450 kcals	mat	high energy, inspirational and motivating	improves strength, increases lean muscle & burns calories after your workout
	TABATA	30mins	high intensity interval training	up to 500 kcals	mat & steps	high energy, inspirational and motivating	bodyweight training targeting all major muscle groups to burn body fat, increase strength and metabolic rate
	PRIME MOVERS	55mins	low impact cardio & strength	up to 350 kcals	resistance tubes, exercise balls & mats	upbeat	improves mobility, cardio fitness & muscle tone
	SENIOR BALANCE	55mins	flexibility & mobility	up to 200 kcals	mat	relaxing & calming music	improves overall movement, helps prevent pain linked to age, arthritis & other injuries
	GROUP CYCLE	45mins	cardio group cycling	up to 600 kcals	indoor stationary exercise bike	motivating tunes that take you on a cycle experience	improves cardio fitness, muscle strength & endurance
	RPM	45mins	cardio group cycling	up to 675 kcals	indoor stationary exercise bike	inspirational music	increases cardiovascular fitness, burns fat, tones & shapes your legs, hips & butt
	FIT STEPS	55mins	Latin and ballroom dance inspired cardio	up to 450 kcals	none	Created by Ian Waite & Natalie Lowe inspired by the BBC show Strictly Come Dancing	improves coordination, cardio fitness & tones the body
	ZUMBA / DANCE AEROBICS	45/55mins	dance inspired cardio	up to 450 kcals	none	Latin inspired fitness party	improves coordination, cardio fitness & tones the body
	DDMIX	55mins	diverse dance mix	up to 500 kcals	none	authentic in-style with a funky twist	increase heart & lung fitness improves muscle tone & coordination increases energy
	NORDIC WALKING	60mins	outside group cardio workout	up to 450 kcals	poles & outdoor wear	none	improves heart & lung fitness, tones the upper & lower body, reduces pressure on the knees & joints
	AQUA	45mins	water based cardio & conditioning	up to 400 kcals	woggles	upbeat & motivating tunes	improves coordination, cardio fitness & tones the body